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Consumer and Food Economics Research Division  
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The first four articles in this issue are condensed versions of talks given at the 46th Annual Agricultural Outlook Conference held in Washington, D.C., February 17 to 19, 1969. If you wish the complete text of any of these papers, send your request with the title and author of the article to the Consumer and Food Economics Research Division, U.S. Department of Agriculture, Federal Center Building, Hyattsville, Md., 20782. Please give your ZIP code with your return address. The other two articles (pages 16 to 21) are printed in full.

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Family Economics Review is a quarterly report on research of the Consumer and Food Economics Research Division and on information from other sources relating to economic aspects of family living. It is developed by Dr. Emma G. Holmes, research family economist, with the cooperation of other staff members of the Division. It is prepared primarily for home economics agents and home economics specialists of the Cooperative Extension Service.

# X DIETS OF LOW-INCOME FAMILIES X

Juanita A. Eagles, Agricultural Research Service, USDA

Several surveys of the U.S. Department of Agriculture give information about the food of families with low incomes. The largest of these was a nationwide survey made in spring 1965. In addition, 10 special surveys were conducted during 1961 to 1967 in six locations where USDA food assistance programs were available. The families interviewed were eligible for assistance under these programs.

In this report, the families classified as "low income" in the 1965 survey are those with money incomes after taxes under \$3,000. Not all of these may be termed "hard core" poor. Some were small families; some may have had unusually low incomes the year of the survey but more other years; and some may have had nonmoney in addition to money income. All families in the 10 special surveys are assumed to have been poor, since they were eligible for a food assistance program.

## Findings of the Nationwide Survey, Spring 1965

Food consumption. --In general, low-income families in spring 1965 used more foods in the bread-cereal group but less of other foods than families with higher incomes. (The food groups are made up as follows: Bread-cereal group--flour, flour mixes, cereals, bread and bakery products; meat group--meat, poultry, fish, eggs, dry beans and peas, nuts, and mixtures mostly meat; milk group--milk, cream, cheese, ice cream, and other frozen milk desserts; vegetable-fruit group--all vegetables and fruits and their juices; "other foods"--fats, oils, sugars, sweets, and miscellaneous foods.)

The income groups differed less in their consumption of the meat group than of the milk and vegetable-fruit groups. Possibly the selection of items within these groups varied more, however. When families had more to spend, use of meat, poultry, and fish increased.

Although low-income families spent less, on the average, than those with incomes of \$7,000 to \$10,000, they divided their food dollar among the food groups in about the same way. The vegetable-fruit group took 20 cents of the dollar at each level; the meat group 37 and 38 cents, respectively; the milk and bread-cereal groups each, 13 cents at the low and 12 cents at the high level; and other foods, 17 and 18 cents at the respective income levels.

Quality of diets. --The nutritive content of the food used by each household was compared with the Recommended Dietary Allowances (1963) of the Food and Nutrition Board National Academy of Sciences - National Research Council. Diets were rated "good" if they furnished the recommended amounts of seven nutrients--protein, calcium, iron, vitamin A value, thiamine, riboflavin, and ascorbic acid. They were rated "poor" if they furnished less than two-thirds of the recommended amount of one or more of these nutrients.

In general, the higher the income of a family, the better the diet. However high income does not assure a good diet nor low income a poor one. In the 1965 survey, 9 percent of the families with incomes of \$10,000 or more had diets rated poor and 37 percent of those with less than \$3,000 had diets rated good (fig. 1).



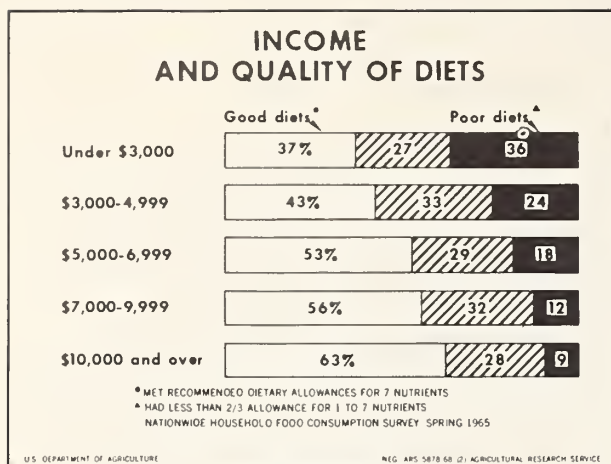


Figure 1

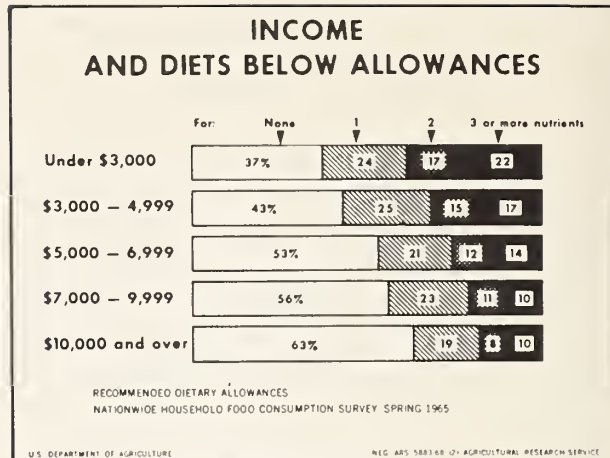


Figure 2

Diets of 39 percent of the low-income (under \$3,000) compared with 21 percent of the higher income group (\$7,000 to \$10,000) were below recommended amounts in two or more nutrients (fig. 2). They were most often low in calcium, vitamin A value, and ascorbic acid. Low-income families used less of the chief sources of these nutrients--milk and milk products, vegetables and fruits--than families with higher incomes.

Compared with higher income families, those with low incomes received a greater nutritional return for their food dollar. The reason for this was that some of the less expensive foods they used in larger amounts--such as nonfat dry milk and enriched cereals--have a high nutrient content in relation to cost.

#### Findings of Ten Food Assistance Program Surveys, 1961 to 1967

The surveys were made in Detroit, Mich.; Fayette County, Pa.; Choctaw County, Okla.; Escambia County, Fla.; and Sunflower and Washington Counties, Miss. In the first two locations, separate surveys were made when the Food Donation and Food Stamp Programs were in operation. In Fayette County, separate urban and rural surveys were made.

Although all families in these surveys were eligible for the food programs available at the time, they were not all participating. The proportion participating in the Food Donation Program ranged from 30 percent in urban Fayette County to 78 percent in Choctaw (table 1). Those participating in the Food Stamp Program ranged from 18 percent in urban Fayette to 40 percent in Washington County. Most of the Food Stamp surveys were made nearer the time the program was introduced than were the Food Donation surveys. Some families may not have known they were eligible or even that the program existed.

The families surveyed had incomes per month averaging from \$103 in Washington County to \$152 in Detroit. Average family size ranged from 3.0 persons in urban Fayette and in Choctaw to 4.6 in Sunflower County. About 9 percent of the households in rural Fayette and 32 percent in Washington County were 1-person households. Families of 7 or more made up 32 percent of those in Sunflower County but only 6 to 7 percent in urban Fayette. (The data in this report of the 10 surveys refer to all families interviewed whether they participated in the USDA Food Program or not.)

Table 1. Average household size, income, and value of food used per person, and percentage of households participating in USDA food programs, 10 surveys of eligible families in 6 places, 1961 to 1967

Place and year of survey, and type of food program available	Households			Income per month	Propor- tion of income for food	Money value of food used per person per week <u>2/</u>					
	Total	Partici- pating in food program	Average size (per- sons) <u>1/</u>			Total	Pur- chased	Without direct expense			
								Total	Home pro- duced	Gift or pay	Feder- ally donated
No.	Pet.	No.	Dol.	Pct.	Dol.	Dol.	Dol.	Dol.	Dol.	Dol.	
Detroit, Mich., 1961											
Donation -----	454	56	4.2	148	58	5.40	4.86	0.54	0.02	0.07	0.44
Stamp -----	361	27	4.2	152	68	6.00	5.81	.19	.06	.14	-
Fayette Co., Pa., 1961											
Urban: Donation -----	226	30	3.1	121	64	6.19	5.77	.41	.05	.12	.24
Stamp -----	117	18	3.0	131	53	5.70	5.39	.31	.13	.18	-
Rural: Donation -----	264	58	4.1	140	61	6.00	4.93	1.08	.32	.09	.67
Stamp -----	264	35	3.9	137	62	5.72	5.19	.57	.38	.19	-
Choctaw Co., Okla., 1962											
Donation -----	510	78	3.0	125	42	5.95	3.85	2.09	.93	.16	1.00
Escambia Co., Fla., 1963											
Donation -----	224	59	3.8	137	45	3.99	3.60	.39	.05	.07	.28
Sunflower Co., Miss., 1967											
Donation -----	189	77	4.6	115	47	4.02	2.62	1.40	.39	.06	.95
Washington Co., Miss., 1967											
Stamp -----	295	40	3.7	103	62	4.08	3.71	.37	.19	.09	.09

<sup>1/</sup> A person equals 21 meals from home food supplies.

<sup>2/</sup> Detail may not add to totals because of rounding.

Table 2. Household diets meeting Recommended Dietary Allowances (RDA)<sup>1/</sup> for 8 nutrients and less than two-thirds RDA for any one of the 8 and for each separately, families eligible for USDA food programs, 10 surveys 1961 to 1967

Place and year of survey, and type of food program available	Met RDA for 8 nutrients	Met less than 2/3 RDA for 1 or more nutrients	Met less than 2/3 RDA for--							
			Protein	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Niacin	Ascorbic acid
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Detroit, Mich., 1961										
Donation -----	28	39	2	23	4	16	6	9	2	26
Stamp -----	35	42	5	28	5	15	9	12	4	28
Fayette Co., Pa., 1961										
Urban: Donation -----	25	46	5	17	8	22	10	11	7	35
Stamp -----	28	41	4	22	10	18	11	13	9	24
Rural: Donation -----	28	43	3	16	2	16	3	5	2	28
Stamp -----	31	36	4	23	5	17	7	9	4	19
Choctaw Co., Okla., 1962										
Donation -----	41	37	3	11	2	13	3	6	3	32
Escambia Co., Fla., 1963										
Donation -----	20	57	7	36	8	17	11	18	5	44
Sunflower Co., Miss., 1967										
Donation -----	20	61	3	29	3	33	7	17	4	50
Washington Co., Miss., 1967										
Stamp -----	17	59	5	36	6	30	12	27	7	45

<sup>1/</sup> Recommended Dietary Allowances of the National Academy of Sciences-National Research Council, Food and Nutrition Board (1958).

Food consumption.-- The families in these studies averaged about the same amount of foods in the bread-cereal group as the low-income families in the 1965 nationwide study. Consumption of these foods was lowest in urban Fayette County, where income per capita was highest, and highest in Sunflower County, where income was lowest. Consumption of vegetables and fruits compared favorably with that of low-income families in the nationwide survey, except in Escambia, Sunflower, and Washington Counties.

Average consumption of milk and milk products in six of the studies was less than in the low-income families in the nationwide study. Use of these products was lowest in Washington, Sunflower, and Escambia Counties and in Detroit. Consumption of foods in the meat group averaged below that for the low-income families in spring 1965. It was highest in Detroit, lowest in urban Fayette.

Money value of food used per person per week averaged from about \$4 in Escambia and Sunflower Counties to \$6.19 in urban Fayette--in surveys made when the Food Donation Program was in effect. This amount includes the value of food obtained without direct expense--donated, home produced, and received as gift or pay--and the cost of purchased food.

Quality of diets.-- Diets of families in the 10 surveys were compared with the National Academy of Sciences - National Research Council, Food and Nutrition Board's Recommended Dietary Allowances (1958) (NRC). They were rated good if they met the allowances for eight nutrients, and poor if they failed to provide two-thirds of the allowance for one or more of these nutrients. If the diets had been rated by the 1963 NRC allowances used in rating diets in the 1965 survey, they probably would have rated slightly higher.

Diets rated good ranged from about 20 percent in Escambia and the two counties in Mississippi to 41 percent in Choctaw County (table 2). Diets rated poor ranged from 36 percent in rural Fayette to about 60 percent in Escambia and the two Mississippi counties. No conclusions can be drawn about the existence of hunger or malnutrition, however, because no information on the nutritional status of individuals was obtained.

Relatively few families had a problem obtaining enough protein. Those with food furnishing the NRC allowance for protein ranged from 69 percent in Escambia County to 88 percent in Detroit (Donation Program Survey), rural Fayette (Donation Program), and Choctaw County. From 2 to 7 percent of the households had less than two-thirds of the NRC allowance for protein. The share of the protein that came from animal sources ranged from 52 percent in Sunflower County to 63 percent in Detroit (Stamp Program).

As in the low-income families in the 1965 survey, diets were most often below the recommended levels for calcium, vitamin A value, and ascorbic acid. Only in rural Fayette and in Choctaw Counties was calcium as high as in the diets of the low-income families in the nationwide survey. In Sunflower County, where use of milk and milk products was relatively low, the calcium level was relatively high because the kinds and quantities of grain products used contributed to it.

In all of the special surveys except the two in Mississippi, the families had more vitamin A than low-income families in the nationwide survey. Families in these four areas had more vitamin A value than the \$7,000 to \$10,000 group in the nationwide survey.

Only the families in rural Fayette County had diets with ascorbic acid near the average for low-income families nationally. From 31 percent of the households in Sun-



flower County to 60 percent in rural Fayette (Stamp Program Survey) had food that furnished the recommended allowances for ascorbic acid. From 19 to 50 percent of the households had food furnishing less than two-thirds of the allowances.

Families in the 10 surveys had even more of most nutrients for their food dollar, on the average, than the low-income families in the 1965 survey. They made good use of low-cost foods as a source of nutrients. For example, in Escambia, Sunflower, and Washington Counties, where the amount of calcium from a dollar's worth of food was highest, the percentage furnished by grain products ranged from 21 to 32 percent. Dark-green and deep-yellow vegetables--generally less costly than many other sources of vitamin A--furnished 60 percent of the vitamin A value in Escambia and Choctaw Counties, much more than in the other counties and in the nationwide sample. The dark-green and deep-yellow vegetables were important contributors of ascorbic acid in the four southern areas.

Implications

Findings of the nationwide survey and the 10 special surveys indicate that consumer education programs for low-income families should--

- Help families become aware of and make use of available food assistance programs; encourage home gardens where practical.
- Help families make the best use of the less expensive foods of high nutritive value and understand the importance of varied diets; encourage them to substitute less expensive foods within the four food groups for more expensive foods.
- Emphasize the importance of increasing the use of milk and milk products and fruits and vegetables to improve the quality of diets--especially in calcium, vitamin A value, and ascorbic acid.

X DIETS OF MEN, WOMEN, AND CHILDREN X

Daniel A. Swope, Agricultural Research Service, USDA

In spring 1965, for the first time in a nationwide survey, information was obtained on the food eaten by individual members of households. Heretofore, quality of diets could be assessed only for households. The fact that a household used food that met recommended allowances was no assurance that each person in the household had an adequate diet.

As part of the U.S. Department of Agriculture's nationwide Food Consumption Survey of 1965-66, information was obtained on the types and quantities of foods eaten in 1 day by 14,500 persons in 6,200 households. Average diets of each of 22 sex-age groups were appraised for nutritional adequacy by comparing calories and amounts of seven nutrients they contained with the Recommended Dietary Allowances published in 1968 by the Food and Nutrition Board of the National Academy of Sciences-National Research Council.

Average diets of most of the sex-age groups were near or above recommended allowances for protein, vitamin A value, thiamine, riboflavin, and ascorbic acid (see figure). More groups had diets below allowances for calcium and iron than for any other nutrients--as much as 30 percent or more below in some groups. Protein averaged above allowances for all groups, ranging from 10 to 150 percent above. In general, diets of women and girls were not as good as those of men and boys.

Children under 9 years had diets with calcium averaging above the recommended allowances. At ages 9 and over, however, diets of all groups of females were below the recommended amounts in calcium--34 to 37 percent below for girls 15 to 17<sup>1/</sup> and women 35 and over. Males in age groups 9 years and over also had diets with calcium below the allowances, except for men 18 to 34 years old.

Iron was often below recommended allowances. Groups with diets below allowances in iron were principally infants and children under 3 years, girls and women in age groups 9 to 54, and boys 12 to 14.

### Diets in Need of Improvement

Ranking sex-age groups according to their need for improved diets is difficult because (1) no one group appears decidedly worse off than any other, and (2) no composite indicator of the dietary level of sex-age group is available. To develop such an indicator it would be necessary to determine which nutrient is more important than any other. It would also be necessary to know whether a certain level--say 20 percent--below the allowance is as significant for one nutrient as for another. However, if the average intake of food for a sex-age group provides a nutrient in an average amount below the recommended allowance, some persons in the group are receiving amounts even further below the allowance.

Groups with diets low in several nutrients may be regarded as needing improved diets. These groups include--

- Girls and women 9 to 64 years old. Their diets were at least 20 percent--in some groups over 30 percent--below the recommended allowances for calcium and except for 55-to-64 year olds, 30 percent or more below allowances for iron. Diets of women and adolescent girls were also somewhat under the allowances for thiamine.
- Older men and women. Women aged 65 and over had diets below the allowances for more nutrients than younger women. Their diets were more than 30 percent below the recommended allowance for calcium. They were also below allowances in thiamine, riboflavin, iron, and vitamin A value. Men aged 75 and over had diets that averaged 24 percent below the allowance for calcium and somewhat below in riboflavin, vitamin A value, and ascorbic acid.

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<sup>1/</sup> Age groups include persons of the first age up to and including those of the second age listed.

NUTRIENTS LESS THAN THE RECOMMENDED DIETARY ALLOWANCES <sup>▲</sup>							
SEX-AGE (YEARS)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMINE	RIBO- FLAVIN	ASCORBIC ACID
<b>MALE AND FEMALE:</b>							
UNDER 1			* * * *				
1-2			* * * *				
3-5			* *				
6-8							
<b>MALE:</b>							
9-11		*					
12-14		* *	* * *		*		
15-17		*	* *				
18-19							
20-34		*					
35-54		* *					
55-64		* *					
65-74		* *					
75 & OVER		* * *		*		* *	*
<b>FEMALE:</b>							
9-11		* * *	* * * *		*		
12-14		* * * *	* * * *	*	* *		
15-17		* * * *	* * * *	*	* *		
18-19		* * * *	* * * *	*	*		
20-34		* * * *	* * * *			*	
35-54		* * * *	* * * *			* *	
55-64		* * * *	* * * *			* *	
65-74		* * * *	* * * *	*	* *	* *	
75 & OVER		* * *	*	* *	* *	* * *	
* -1 THROUGH 10%      ** -11 THROUGH 20%      *** -21 THROUGH 29%      **** -30% OR MORE							
▲ NAS-NRC 1968 U.S. DIETS OF MEN WOMEN AND CHILDREN 1 DAY IN SPRING 1965							
U.S. DEPARTMENT OF AGRICULTURE				NEG. ARS 5931-69-7 AGRICULTURAL RESEARCH SERVICE			

- Infants and children under 3 years. Iron in the diets of this age group averaged about 50 percent under the recommended allowance. Other nutrients were above--some well above. The food of infants under 1 year averaged several times the recommended allowances for protein, calcium, vitamin A value, and riboflavin.

## Foods Consumed

Milk and milk products. -- Children under 1 year used the most milk and milk products, and boys age 9 to 19 came next. Boys and men used more of these products than girls and women in all groups age 9 and over. Among females, consumption declined after age 9 to 11, becoming lower in each successive age group through 35 to 54 years. This last age group averaged not quite 1 cup a day in terms of whole fluid milk or the calcium equivalent of milk products. Among males, consumption of milk products declined beginning with age 20 to 34.

Meat, poultry, and fish. -- Use of these protein foods was generally high. Except for children under 1 year, over 85 percent of each sex-age group used some meat, poultry, or fish on the day of the survey. The quantity used increased up to age 20 to 34, then declined. Men and boys used considerably larger quantities than women and girls.

Grain products. -- The diets of practically every group included grain products, mainly in the form of breadstuffs. In all groups age 9 years and over, boys and men used more grain products than girls and women. Boys 15 to 19 ate the most--an equivalent of 6 slices of bread plus 7 ounces of other grain products.

Tomatoes and citrus fruits. -- Tomatoes and citrus fruits--good sources of ascorbic acid--were used by from 19 percent of the infants under 1 year to 50 percent



of men and women 20 to 34 years old. Women 55 to 74 ate more tomatoes and citrus fruits than men the same age. Girls used less of these foods at age 15 to 17 than at 12 to 14, but boys in these age groups used more.

Dark-green and deep-yellow vegetables.--Only 10 to 20 percent of those in the various age groups ate any dark-green or deep-yellow vegetables in a day. Highest users were men 65 to 74 years old.

Beverages other than milk and juices.--Consumption of coffee, tea, soft drinks, and alcoholic beverages became successively higher with age until it reached a peak in the age group 35-to-54. About one-third of the children and one-half of the adolescents used soft drinks on the day of the survey. In general, average quantities of milk and milk products used decreased as quantities of these other beverages increased.

### Implications

No conclusions can be drawn from this study as to whether individuals were suffering from hunger and malnutrition, because no information about their nutritional status was obtained. The fact that some diets did not meet recommended dietary allowances does not indicate a need for indiscriminate fortification of foods with minerals and vitamins or for self-prescribed use of supplements.

Findings of the study indicate a need for expanded nutrition education. Nutrition education programs might well emphasize improved diets for adolescent girls, women, and older men. Foods needing emphasis are milk and nonfat milk products, fruits and vegetables, and foods high in iron.

## X NEW DEVELOPMENTS IN USDA FOOD PROGRAMS X

Howard P. Davis, Consumer and Marketing Service, USDA

For a number of years the Commodity Distribution Programs of the U.S. Department of Agriculture (USDA) have provided families with food to use at home. Recently USDA has also been working on a program to provide special supplementary foods for pregnant and nursing mothers and small children, based on medical determinations. Another relatively new group of programs is providing nutritious meals in group situations to children in and out of school.

The National School Lunch Program is designed to improve the nutrition of all children, regardless of income. It aims to provide at least one-third of the daily requirements of the basic nutrients and to teach good nutrition by serving well-balanced meals and tying the lunch program into formal nutrition education in the school.

The School Lunch Act requires that lunches be served free or at reduced price to children who cannot afford to pay. However, millions of poor children over the years have not been in schools participating in the program. The Act was recently amended to correct this. The newer programs under the Child Nutrition Act and provision for group feeding in nonschool situations have been aimed toward reaching the poor children.

The Federal Government prescribes meal-type requirements for these programs that insure nutritional adequacy. USDA provides technical help to States and schools,



cash reimbursement for meals served, donated foods, and -- this year for the first time -- funds to help schools buy lunch room equipment and to strengthen the administrative staffs of State educational agencies.

The School Lunch programs are operated primarily through agreements with State agencies, which select the schools that participate. Local school boards determine which children qualify for a free lunch. Federal funds go to the States, which reimburse the schools for lunches served. About one-fourth of the cost of the lunches comes from Federal assistance, cash, and commodities; one-fourth from State and local sources; and one-half from children who can afford to pay.

The Commodity Distribution Program is operated through agreements with State agencies, also. The Federal Government buys and packages the foods, delivers them in carload lots, and prescribes general program regulations. The States order and account for the commodities and supervise operations in local areas. The local government -- usually the county -- determines eligibility and distributes the commodities, and usually bears the cost of this operation. Eligibility rules are set by the States with USDA approval. They must generally be directly related to the State's public assistance standards in regard to maximum income.

The supplemental food program for pregnant and nursing mothers and small children is to be operated through health facilities serving the poor. Eligibility is based on medical determinations that the mothers and children need supplemental foods.

The Food Stamp Program is operated through agreements with State public welfare agencies, who are responsible for operation within the State. The Federal Government provides the coupons and pays the full cost of the subsidy plus about one-third of the local administration cost. USDA is responsible for authorizing and supervising the participating grocers. This program is designed to help families meeting essentially the same eligibility standards as the Commodity Distribution Program. The families pay about what they would spend for food each month and receive food coupons worth considerably more than that amount. On the average, these families pay about \$6 for \$10 worth of coupons.

What progress is being made in USDA food programs? The Commodity Distribution Program is now operating in 1,197 counties and independent cities and serving 3.8 million persons. Last June it was operating in 1,202 counties and serving 3.2 million. This is a net figure, since some counties have switched to Food Stamps. Both programs cannot operate in the same area.

About 22 commodities are now available for distribution. If these commodities were all distributed every month and the families consumed them in the authorized amounts, they would provide almost 100 percent of the Recommended Dietary Allowances set by the National Research Council. They would provide well over the allowances of protein but be slightly short on calories and vitamins A and C.

Commodities available in the supplemental program for expectant mothers and children are evaporated milk, corn syrup, iron-fortified farina, fruit juice, and canned meat and poultry. USDA is operating 71 such projects and hopes to reach 225,000 persons by the end of 1969.

The Food Stamp Program is operating in 1,377 counties and independent cities and serving 2.9 million persons. Last June 1,027 counties were serving 2.4 million persons. Changes in the program make it better meet the needs of people it is designed

to serve. Early in 1968 the minimum purchase requirement for coupons for families in the lowest income group was reduced from \$2 to \$0.50 a person a month, up to a maximum of \$3 for a family of 6 or more. The coupons are sold at one-half of the regular price for new participants during their first month in the program. The reason for this reduction is to help them adjust their spending patterns. In most areas families may buy their monthly quota of stamps in semimonthly installments, and in some they may buy weekly. Families receiving a monthly check, such as public assistance or a pension, are encouraged to buy once a month when they get the check.

Many States are now putting into effect a change authorized by USDA some time ago. It reduces the purchase price requirement and increases the coupons received by families with incomes of less than \$70 a month. USDA had proposed a similar change for all families participating in the program, but the necessary funds were not appropriated.

Funds for the child feeding programs were substantially increased for 1969. USDA hopes to extend the School Lunch Program into more schools and serve about 1 million more needy children lunches free or at reduced prices. The breakfast program has been growing, and it is hoped that by the end of the 1968-69 school year it will be helping to provide breakfasts for over 200,000 children. A large proportion of these are free; others cost 10 or 15 cents. Funds for the nonschool feeding program became available about December 1, 1968. It is too soon to tell how this program will develop.

An important recent development was the provision for transferring \$10 million to the Extension Service to hire, train, and supervise program aides to work with poor families on nutrition education, food buying, and preparation. This program may be expanded in the future.

Despite progress made, many needs remain and the problems of meeting these are great. Perhaps the greatest problem is motivating and securing support from local communities to eliminate malnutrition. This is where Federal, State, local, and voluntary resources must help by providing homemakers with information on nutrition, food buying, and preparation and serving of nutritious meals. Just making the programs available to those who need help is a big problem. After years of prodding, cajoling, and pressure about 480 counties and independent cities still have no family food assistance available.

During the last 1 1/2 years, USDA has been able to get food programs in every one of the 1,000 lowest income counties in the United States. For some 180 counties that could not or would not finance a program, funds for local administration were supplied. In 46 counties, U. S. Department of Agriculture is running the program with Federal personnel and funds.

The Commodity Distribution Program has some inherent problems. Buying in large quantities and scheduling and shipping 22 commodities represent a major one. Financing and managing enough distribution points so the participants do not have to travel far to get the foods is also difficult. And even with 22 commodities, the lack of variety, the inability to provide fresh perishable foods, and the unfamiliarity of many families with the foods distributed affect the acceptability and use of the foods by families.

The major problem with the Food Stamp Program has been a refusal by many to accept the idea that it is designed to increase the food buying ability of families and, therefore, requires them to spend as much for food as before. The feeling of the vocal

part of the public has been that the program should be largely an income supplement rather than merely subsidizing increased food buying power. There can be no real objection to this, but the Congress would have to approve this sort of basic change in the program.

USDA feels that to increase participation in the Food Stamp Program by the poor, a reduction in purchase requirements and an increase in the bonus are needed. The Department believes this program is the most effective way of getting more food to people who need it. The problem now is largely one of appropriations.

The major problem in the child feeding programs is funds and local cooperation in getting programs started. The greatest unmet need is in the crowded schools of downtown urban areas. Here, arrangements must be made for central preparation, with a minimum of food service facilities in the schools. It is hoped that convenience foods and central commissaries developed by private industry can speed the meeting of this need.

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Since the Outlook Conference an experiment began in two counties in South Carolina, under which families previously paying the minimum charge of 50 cents a person up to a maximum of \$3.00 for a family of six or more receive their stamps free. The aim is to find out how many families in this very low income group have not been able to participate because they could not pay the 50 cents.

## X NEW PROGRAMS IN RURAL HOUSING X

Louis D. Malotky, Farmers Home Administration, USDA

Several features of the Housing and Urban Development Act of 1968 were designed to help rural families have a decent house. One new tool to aid low-income families is authorization for the Federal Government to help meet their mortgage payments. This help is available to rural families (1) in connection with mortgages insured by the Federal Housing Administration of the U.S. Department of Housing and Urban Development (FHA-HUD) under Section 235 of the 1968 Act; and (2) in connection with loans made and insured by the Farmers Home Administration of the U.S. Department of Agriculture (FHA-USDA).

Under an agreement made by the Secretaries of Housing and Urban Development and of Agriculture, FHA-USDA will act as the authorized representative of FHA-HUD for mortgages in rural areas insured under Section 235. (Rural areas in this paper include farms, open country, and towns with population up to 5,500 that are rural in character.) FHA-USDA's local office will perform about the same functions as FHA-HUD's insuring office. A family may apply directly to FHA-USDA or be referred there by realtors, builders, and sellers. FHA-USDA will evaluate the application, review plans and specifications, and -- if the applicant appears eligible -- refer him to a local approved mortgagee.

If the mortgagee favors the application, he will request FHA-USDA to appraise the property. If applicant and property are qualified, FHA-USDA will refer the loan



docket to the approved mortgagee to close the loan. These loans will in other respects be made and serviced the same as other home mortgages insured by FHA-HUD. FHA-USDA will also make inspections during construction and counsel the applicants on the type and cost of the home they might select and in the planning of their budgets. These loans will in other respects be made and serviced the same as other home mortgages insured by FHA-HUD.

FHA-USDA has a housing program designed to help families who cannot obtain credit from other sources, including a FHA-HUD Section 235 insured mortgage. This program focuses on single-family dwellings for owner-occupants. Most of these loans have been for low- and moderate-income families, although a limited number are authorized for families in more comfortable circumstances. Families with above-moderate incomes pay the same interest rate as they would pay on a mortgage insured by FHA-HUD. However, the current rate for families with low and moderate incomes is  $5\frac{1}{8}$  percent.

One phase of FHA-USDA's housing program for low-income families was changed by the 1968 Act by providing for interest credits. Interest credits will put ownership within the reach of rural low-income families by reducing their loan payments. A minimum requirement for such help is that the borrower does not have enough income to pay his loan installment in full, but is able to pay at least the amount due after part of the payment is made by the Government. The amount a low-income family must pay will depend on its income and size. Maximum assistance for any family is a reduction in the effective interest rate to 1 percent. Interest supplement agreements will be made for not more than a 2-year period. At the end of the 2 years, adjustments will be made if changes have occurred in the borrower's income and family size. To illustrate, assume a \$12,000 33-year rural housing loan. The regular amortized installment at  $5\frac{1}{8}$  percent interest would be \$761 a year. If the family consists of husband, wife, and four children and has an income of \$4,000 a year, the Government would pay \$332 of the annual installment and the family the remaining \$429.

Another phase of FHA-USDA's housing program relates to multifamily housing. Good rental housing, economically designed and suited to a rural market, is an exception in small towns. However, this market has considerable potential. Loans for building rental housing for rural areas can be made to such legal entities as individuals, partnerships, nonprofit organizations, and corporations. The interest rate is  $5\frac{1}{8}$  percent and the repayment period up to 50 years.

Nonprofit organizations and cooperatives providing housing for low-income families may qualify for interest credits. These have the effect of reducing loan costs to as little as 1 percent interest, depending on the incomes and sizes of the occupant families.

Experience shows that the market for rental housing is somewhat different in rural areas than in cities. For example, the primary interest in rental housing is from young families and the elderly. Experience has also shown the importance of building to suit a relatively inelastic market, both in terms of number of units and amount of rent. The market is not for large high-rise apartments, but more likely for 6 to 12 units suited to local needs.

The Housing and Urban Development Act of 1968 encourages self-help housing. This phase of the program is designed to help low-income families reduce costs by do-



ing much of the work themselves. Under the mutual self-help method, 6 to 10 families agree to help each other build homes. A construction supervisor works with the families and shows them how to do various phases of home building. Such jobs as electrical and plumbing work may be done by a contractor. By mutual self-help, families have saved from 20 to 25 percent of the cost of their homes.

The 1968 Act also authorizes loans to qualified nonprofit organizations to develop building sites to be sold at cost to families who want to build a home by the self-help method. The Congress has made \$600,000 available for this purpose. This will help solve a problem low-income families often face in rural areas--obtaining a satisfactory building site at reasonable cost.

The 1968 Act made minor changes in the farm labor housing authorizations of FHA-USDA. Under this program, loans may be made to farmowners, associations of farmers, and other nonprofit organizations to provide housing for farmworkers. Loans and grants may be made to organizations that will provide such housing as a community service.

Two new authorizations in the 1968 Act would finance housing for rural trainees and provide funds for nonprofit organizations to organize and administer rural self-help housing. Neither of these programs has been funded.

What can the Extension Service do to help rural families improve their housing? In one State, the Extension Service has had an ongoing housing education program that has focused on stimulating families to improve their homes and giving local builders an opportunity to increase their knowledge and skill and update their building methods. To start this program, a homebuilders' short course was given by the Extension Service and Farmers Home Administration working cooperatively. FHA-USDA and local lumber dealers provided a list of builders and others connected with the building industry, and letters were sent to inform them of the short course. Newspaper publicity was also used. Those who attended praised the course highly. Another homebuilder short course was given 2 years later. About this same time, the State university developed several low-cost house plans that were accepted enthusiastically by local builders. Color slides of homes using university plans and financed by FHA-USDA were made and shown to families and builders.

The Extension Service also arranged some home tours to promote interest in both rental housing and home ownership. Homes that were open featured university plans and showed good design at moderate cost. Each family explained features of its home, and builders were present to answer questions on building techniques. Pictures and feature stories on seven of the homes appeared in local papers. The interest shown in this project shows that it is an effective way of reaching families who need better housing, builders, and the public at large.

In recent years concern about where people live has increased. Whether families stay in rural areas will depend largely on the quality of life there--job opportunities, education, housing, and community facilities. Attention is being given to developing opportunities in the country, so that families who want to stay there may do so. This requires the cooperation of private industry; local, State, and Federal Governments; and the people who live in the communities. A start has been made but much more needs to be done.

Virginia Britton, Agricultural Research Service, USDA

Clothing expenditures. -- About \$42 billion, 9 percent of personal consumption expenditures, was used to purchase clothing and shoes in 1967. This amounted to \$211 per capita. Per capita expenditure (in constant dollars) maintained the all-time high reached in 1966 and was 50 percent above the average for 1930-40. The per capita figure for 1968 will probably set a new record.<sup>1/</sup>

Consumer prices. -- The price level for apparel increased faster during 1967 and 1968 than at any time since the Korean crisis in 1951, according to the Consumer Price Index (CPI) of the Bureau of Labor Statistics. The apparel index was 4.0 percent higher in 1967 than in 1966 and 5.4 percent higher in 1968 than in 1967. Compared with the 1957-59 average, the apparel index was up 20 percent in 1968 while the all-items index was up 21 percent.

In 1968, for the first time in many years, prices for women's and girls' apparel increased somewhat more than prices for men's and boys' apparel and for shoes. These three subgroups of the apparel index increased 5.9, 5.7, and 5.3 percent, respectively, from 1967 to 1968 (annual averages). The only major subgroup of the CPI that rose more than women's and girls' apparel was medical care, which rose 6.1 percent. Footwear has usually led the apparel subgroups in price advances during the past two decades.

Wholesale prices of clothing and household textiles. -- Recent wholesale prices give some clues to probable future retail prices. The annual index of wholesale prices of apparel was 3.3 percent higher in 1968 than in 1967. Infants' and children's apparel was up 4.1 percent, men's and boys' apparel up 3.4 percent, and women's, misses', and juniors' apparel up 2.8 percent. The index for leather footwear was up 4.8 percent. Children's footwear was up 7.4 percent, men's and boys' up 3.6 percent, and women's and misses' footwear 5.3 percent.

Wholesale prices of textile housefurnishings averaged 4.2 percent higher in 1968 than a year earlier. Cotton housefurnishings were up 5.7 percent, all-wool blankets up 3.8 percent, and housefurnishings of manmade fiber or blends were 1.1 percent above 1967.

Prices and supplies of fabrics and raw materials. -- Apparel manufacturers found fabrics higher priced in 1968 than in 1967. Prices of broadwoven goods averaged 11.1 percent higher in manmade fibers, 3.5 percent higher in cotton, and 1.0 percent higher in wool. Prices of knit goods in manmade fibers were down 1.3 percent and those in wool for outerwear remained unchanged. Leather was 2.1 percent higher than in 1967.

Fabric manufacturers in 1968 found cotton yarns up 8.2 percent, wool yarns down 1.0 percent, and silk yarns up 6.4 percent from the annual averages for 1967. Rayon and acetate yarns and fibers were 1.3 percent higher, while noncellulosic yarns and fibers were 2.0 percent lower.

Prices of some raw materials changed considerably between 1967 and 1968. The annual average for hides and skins rose 5.7 percent, but domestic apparel wool dropped

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<sup>1/</sup> Here and elsewhere in this article, estimates are given for 1968 because final figures were not available when the material was prepared in January 1969.

2.9 percent, and foreign apparel wool was down 2.5 percent. Raw silk rose 5.7 percent and raw cotton, 7.2 percent.

The quantity of fibers used by U.S. mills is expected to be about 8 percent higher in 1968 than in 1967 and the per capita quantity, 6 percent higher (up from 45.1 pounds to 48.0). Most of the increase reflects the rise in manmade fibers which are expected to surpass cotton for the first time. Manmade fibers are expected to be 53 percent of the total, cotton 43 percent, and wool 4 percent.

The U.S. cotton crop in 1968-69 is estimated at slightly less than combined mill consumption and exports. The deficit will be met from stocks. Use of cotton by mills in the 1968-69 season is expected to be 6 percent lower than in the previous year because of expanded use of manmade fibers here and abroad, a probable decrease in military orders, and increased foreign production of cotton. Cotton prices have firmed in recent weeks but remain well below year-earlier levels.

U.S. mills used about 5 percent more wool in 1968 than in 1967. The reasons for this increase were low beginning stocks of wool tops and fabrics, relatively low wool prices, rising consumer incomes, and the use of wool in blends. World output in the 1968-69 season will probably be 1 percent above the year-earlier record. Use will also increase moderately, and prices will rise slightly.

U.S. mills used about 22 percent more manmade fibers in 1968 than in 1967. Large-scale promotion and advertising, relatively lower prices, increased supplies, improved fiber quality and suitability, and increased use of blends have added manmade fibers in competition with cotton. U.S. producing capacity for manmade fibers is expected to increase 30 percent between November 1968 and November 1970. This will include a 40 percent increase for noncellulosics and a 4 percent increase for rayon and acetate. The noncellulosics (largely nylon and polyester) comprise over two-thirds of the total manmades. Prices will undoubtedly continue to become more competitive with cotton and wool.

U.S. hide production was up about 3 percent in 1968 to a record supply. Production may increase almost as much in 1969, but prices may remain about the same because of some increase in exports. Domestic use of leather is high because consumers are buying the new styles in shoes, boots, coats, and other leather goods. However, leather faces increasing competition from leather substitutes--especially in shoes, which take a large proportion of the leather output. Only 20 percent of shoes now have leather soles and 70 percent leather uppers. About 25 million pairs of shoes a year (4 percent of U.S. production) are now made with uppers of poromerics (leather substitutes that are pliable, durable-finish, and breathable), up from only 1 million pairs in 1964. Originally used only in higher priced shoes, the poromerics are now being used in low- and middle-priced shoes. In all price ranges, shoes with synthetic uppers are priced about the same as or lower than those with leather uppers. Price differences typically range to about 10 percent.

New and improved products. --New improvements in fabrics are geared largely to the trends to durable press items, knit goods, bonded fabrics, and nonwoven fabrics. New manmade materials continue to come on the market.

Several finishes are being developed to improve the durable press properties of cotton fabrics. USDA's Southern Utilization Research and Development Division (SURD) has developed a new process that gives cottons excellent durable press properties and



unusually high strength retention. In this process, slack-mercerized cotton yarns are restretched, woven into fabrics, and then given a conventional wash-wear finish. Fabrics finished in this way are not yet on the market, however. A new finish being developed to allow old creases and seams to be ironed out and new ones ironed in will make alterations on durable press clothes simpler.

SURD has made major progress in developing a durable soil-resistant and soil-release finish for wash-wear and durable-press cottons. Two finishes being tested have high resistance to oil but low resistance to water and detergents. Other current research indicates that durable press cotton can be made to absorb considerable brightener (fluorescence) found in most detergents. Recent work at SURD showing that much of the wear on durable-press cottons comes from laundering and drying and not from use emphasizes the need for improved cleaning processes.

Another improved finish for cotton in prospect at SURD is a more economical flame-retardant treatment. The treatment, which gives durable flame resistance without reducing strength or changing the hand (feel; drapability) of the fabric, is useful on lightweight fabrics for wearing apparel.

Durable press products recently marketed include men's suits of wool and cellulosic fibers with polyester. These are lightweight year-round suits said to be wrinkle resistant and comfortable to wear. Knit slacks for men, at \$13 and \$20 a pair, are half polyester and half rayon, completely washable, with oven-baked durable press. Durable press slacks in a washable wool blend are widely available, as are durable press sheets of cotton and polyester and tablecloths of various blends.

Knit goods are increasing rapidly, and in 10 years may be used in half of the apparel made. Fabrics are various combinations of cotton, wool, and manmade fibers. Manufacturers of bonded fabrics are now setting standards for performance in bond and wear as well as in washing and dry cleaning. These standards may mean that the biggest future for bonded fabrics is in such untapped fields as men's wear, home furnishings, and industrial goods.

Throwaway underwear made of nonwoven viscose rayon is being introduced. Manufacturers say the garments can be washed several times. Women's dresses, bikinis, washcloths, towels, work clothes, hospital gowns and linens are other uses of the nonwoven material. Disposable curtains are predicted. Throwaway outer garments for doctors and workers are to be available in a plastic that breathes, for about one-fourth of the price of the nonwoven garments.

A luxury nylon fiber, Qiana (kee-ahn-a), introduced recently in fine women's apparel from the high-fashion houses, is expected to be used eventually in almost all types of apparel, including hosiery. Qiana is said to have the feel and appearance of silk and the desirable properties of manmade fibers--wash-and-wearability, crease retention, wrinkle resistance, shrink resistance, durability, lightness of weight, and breathability. Early prices of Qiana fiber are 3 to 5 times as much as nylon, but less than silk. Production is expected to start early in 1969 of a new nylon fiber to compete with Qiana. The unnamed fiber is said to be more static resistant and absorptive. Another new fiber, Nomelle, is a cashmerelike acrylic yarn for apparel.

Another new luxury material, Source, being used initially in carpets at about \$14 a square yard, is said to have the wear resistance and resiliency of nylon and the silken appearance of Oriental rugs. The fiber is a combination of a type of nylon and



polyester in liquid form before extrusion. A new nylon fiber for carpets, Cadon, is said to be more soil resistant and antistatic than regular nylon and to have a rich luster and soft hand. Another new fiber for home furnishings is Verel which is a flame-resistant modacrylic.

A new method of tanning hides by use of glutaraldehyde has been perfected at USDA's Eastern Utilization Research and Development Division. It tans rapidly and produces outstanding leather goods that are washable and resist acids, alkalis, and perspiration. These properties have contributed to the popularity of leather garments such as hats, jackets, vests, skirts, slacks, and boots.

New leather substitutes are being marketed. Among the newer poromerics for use in men's shoes are Carlino--an import from Japan--and Aztran. Poron is one of the especially scuff-resistant poromerics that are being developed for children's shoes. Another new material, Dorzan, will appear in spring 1969 in the uppers of women's and children's casual and fashion shoes and may later be used in handbags, luggage, and golf bags. Dorzan is woven from a special type of nylon and does not look like leather. It is to sell for about half the price of Corfam. A molded plastic shoe made by injection molding of Seilonaire has been introduced in two lines of boys' shoes priced under \$5.

Outlook for 1969. --Supplies of fiber are large, and clothing production will be high in 1969 in response to continuing high demand. Further improvements are anticipated in the end use properties of the natural and manmade materials. New manmade fibers and blends and leather substitutes will be marketed to compete in specific uses with cotton, wool, silk, and leather.

Prices for clothing are expected to increase during 1969. Prices on certain kinds and styles of spring shoes may be up 2 to 5 percent, averaging about \$1 a pair more to consumers. Imported shoes, most common in lower and medium price ranges, may comprise a fifth of the total. Spring garments will also be priced higher. Styles requiring more fabric and labor will be higher priced than others. Imported garments and textiles will be important. Fall garments and shoes will probably have somewhat higher prices in 1969 than 1968.

## X OUTLOOK FOR FOOD IN 1969 X

Stephen J. Hiemstra, Economic Research Service, USDA

Retail food prices in 1968 averaged 3.6 percent above those in 1967 (fig. 1). The pace quickened from the 1 percent gain in 1967. Prices for food purchased for use at home rose an average of 3.2 percent in 1968, and prices for food away from home rose 5.2 percent. The increase for food away from home was about the same as that of 1967. However, the increase in food store prices compared with a fractional decline in 1967.

Compared with 1967, retail food prices in 1968 averaged higher for fruits, vegetables, potatoes, beef, lamb, chicken, eggs, dairy products, soft drinks, and cocoa products; about the same for pork, sugar, tea, and cereal and bakery products; and lower for fats and oils, turkey, and regular coffee.

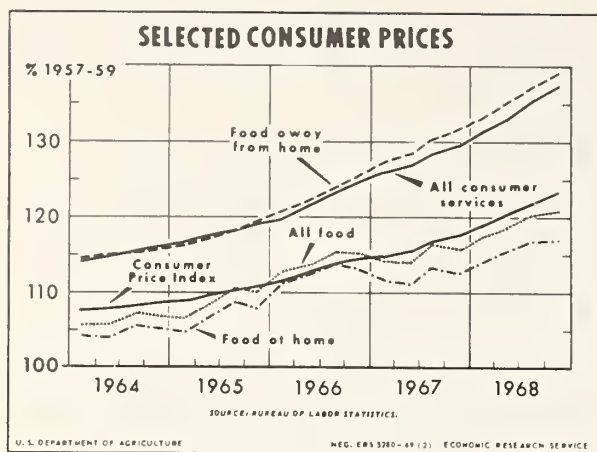


Figure 1

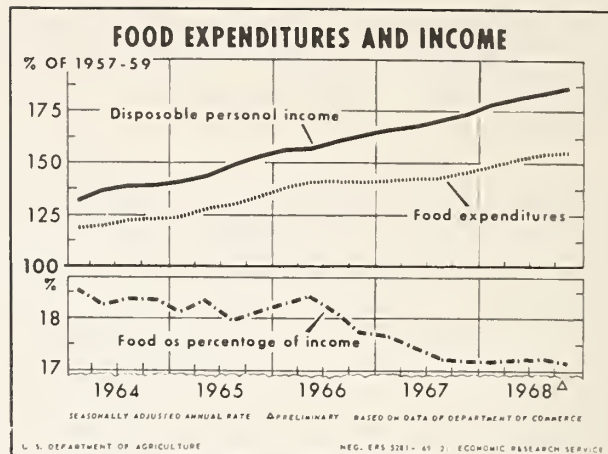


Figure 2

The price increase for eggs averaged 8 percent, following a 16 percent drop in 1967. Although egg prices were up in 1968, they were still 5 percent below the 1957-59 average. The increase for fruits and vegetables -- also 8 percent -- resulted from reduced supplies of many fruits and fresh vegetables during the first half of 1968 and continued strong demand. Prices for fruits and vegetables -- especially for fresh produce -- rose more than those for most other foods over the past decade, and the rate of increase stepped up during 1968.

The 3 1/2 percent increase in retail prices for food in 1968 compared with a 4 1/2 percent rise for all other consumer items. Higher retail food prices reflected a strong demand for food stimulated by higher incomes. Consumption rose despite higher prices.

### 1969 Price Outlook

Early indications are that prices for food at home in the first quarter of 1969 are rising above those in the fourth quarter of 1968. But prices are not expected to vary much during the rest of the year, aside from seasonal changes. Large supplies of farm products and a slowing in the growth of consumer demand are expected to limit increases in food price. Some seasonal rise is likely in the third quarter, as usual.

Since prices for food at home are expected to stabilize near the first-quarter level, year-to-year comparisons are expected to show progressively smaller increases as 1969 proceeds. Nevertheless, average annual prices for food at home may be 1 to 2 percent above those in 1968 because of the initial high level. Prices for all food may average 2 to 2 1/2 percent above 1968, because of higher restaurant food prices. Prices for food away from home likely will continue upward at the annual rate of about 5 percent that has prevailed in recent years.

Compared with 1968, retail food prices in 1969 likely will average

- higher for beef, eggs, dairy products, cereal and bakery products, soft drinks, and cocoa products;
- about the same for fats and oils, potatoes, sugar, and coffee;
- lower for fruits, vegetables, poultry, and pork.

## Food Expenditures

Food expenditures in 1968 topped those of 1967 by nearly 7 percent, totaling \$101 billion. The rate of increase was somewhat less than the nearly 8 percent boost in disposable personal income. Thus, the percentage of income spent for food dropped slightly (fig. 2).

Spending for food likely will gain about \$5 billion in 1969 compared with the \$6 billion gain in 1968. This drop will result, in part, from a slower rate of increase in food prices. The rate of increase in income is not expected to match that of 1968.

In 1968 food expenditures advanced most strongly during the first half, when sales by both retail food stores and eating and drinking places were rising sharply. The leveling off in sales that began in the second half likely is continuing, but no actual decline is expected.

## Food Consumption

Per capita consumption of food in 1968 rose 0.7 percent from 1967. Consumption of crop products averaged the same as in 1967, but consumption of animal products rose more than 1 percent.

Meat consumption exceeded year earlier levels throughout 1968, but increases were particularly large during the third and fourth quarters. Consumption of poultry, eggs, and animal fats dropped below year earlier levels in the second half of the year. Thus, the increase in consumption of total animal products was limited.

Per capita consumption of food in 1969 may increase nearly 1 percent over the 1968 record level. Increases are likely for both animal and crop products. Compared with 1968, per capita consumption in 1969 likely will be

- higher for beef, pork, chicken, citrus fruit, canned noncitrus fruits, and processed vegetables;
- about the same for fish, turkey, fats and oils, fresh vegetables, sugar, coffee, and cereal and bakery products;
- lower for veal, lamb, eggs, dairy products, and cocoa products.

## SOME NEW USDA PUBLICATIONS

The following publications are for sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402: (Please give your ZIP code.)

FOOD SELECTION FOR GOOD NUTRITION IN GROUP FEEDING. HERR No. 35.  
40 cents.

NUTRITION...Food at Work for You. Separate 1 (reprinted from HG No. 1, Family Fare). 10 cents.

REMOVING STAINS FROM FABRICS...Home Methods. HG No. 62. Revised 1968. 20 cents.



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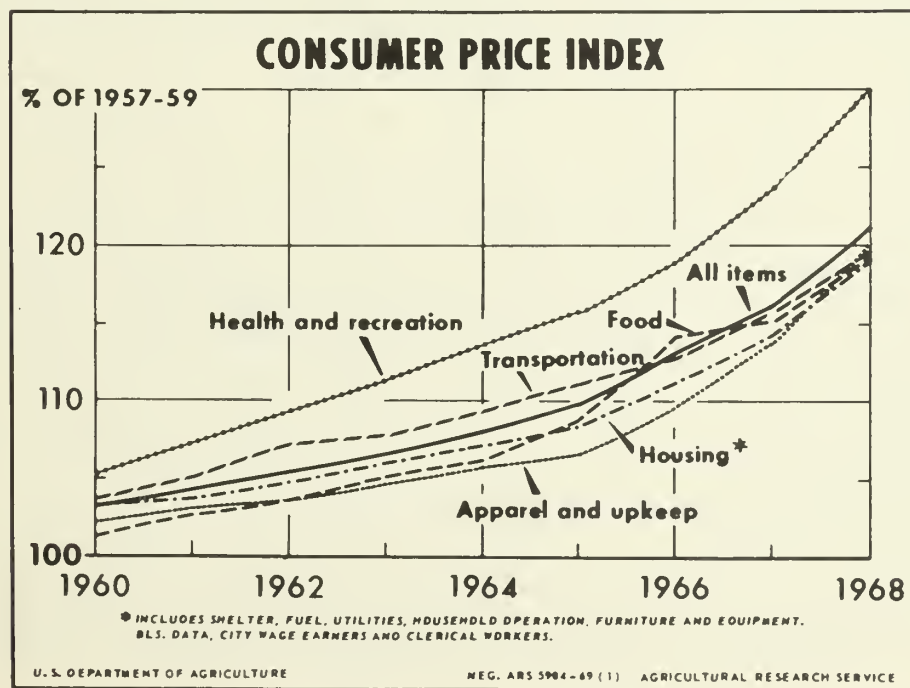
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## CONSUMER PRICES



Consumer Price Index for Urban Wage Earners and Clerical Workers  
(including single workers)  
(1957-59 = 100)

Group	Jan. 1968	Oct. 1968	Nov. 1968	Dec. 1968	Jan. 1969
All items -----	118.6	122.9	123.4	123.7	124.1
Food -----	117.0	120.9	120.5	121.2	122.0
Food at home -----	113.8	117.2	116.6	117.4	118.3
Food away from home -----	132.9	138.9	139.4	139.9	140.3
Housing -----	116.4	120.9	121.7	122.3	122.7
Shelter -----	120.2	126.0	126.9	127.6	128.2
Rent -----	113.7	116.0	116.3	116.7	116.9
Homeownership -----	122.9	130.0	131.1	132.0	132.7
Fuel and utilities -----	109.5	110.4	111.3	111.5	111.7
Fuel oil and coal -----	113.7	115.9	115.9	116.2	116.7
Gas and electricity -----	108.9	109.1	109.9	110.0	110.2
Household furnishings and operation -----	110.6	114.2	114.8	115.1	115.2
Apparel and upkeep -----	115.9	123.3	124.0	124.3	123.4
Men's and boys' -----	116.3	124.1	125.0	125.3	124.9
Women's and girls' -----	111.4	120.1	120.7	120.8	118.7
Footwear -----	128.1	134.9	135.7	136.3	136.3
Transportation -----	118.7	120.6	121.2	120.2	120.7
Private -----	116.6	118.4	118.9	117.5	117.9
Public -----	135.5	138.7	139.4	144.3	144.8
Health and recreation -----	127.1	131.9	132.4	132.8	133.3
Medical care -----	141.2	147.4	148.2	149.1	150.2
Personal care -----	117.6	122.1	122.8	123.4	123.7
Reading and recreation -----	122.7	127.5	128.0	128.2	128.4
Other goods and services -----	121.9	125.1	125.4	125.6	125.6

Source: U.S. Department of Labor, Bureau of Labor Statistics.

Index of Prices Paid by Farmers for Family Living Items  
(1957-59 = 100)

Items	Feb. 1968	Sept. 1968	Oct. 1968	Nov. 1968	Dec. 1968	Jan. 1969	Feb. 1969
All items -----	116	118	119	119	119	120	120
Food and tobacco -----	--	120	--	--	120	--	--
Clothing -----	--	132	--	--	135	--	--
Household operation -----	--	117	--	--	118	--	--
Household furnishings ---	--	103	--	--	103	--	--
Building materials, house -----	--	115	--	--	119	--	--

Source: U.S. Department of Agriculture, Statistical Reporting Service.

## COST OF FOOD AT HOME

Table 1.--Cost of food at home estimated for food plans at 3 cost levels, December 1968, U.S. average <sup>1/</sup>

Sex-age groups <sup>2/</sup>	Cost for 1 week			Cost for 1 month		
	Low-cost plan	Moderate-cost plan	Liberal plan	Low-cost plan	Moderate-cost plan	Liberal plan
	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars
<u>FAMILIES</u>						
Family of 2:						
20 to 35 years <sup>3/</sup> ----	17.00	21.60	26.40	73.50	93.20	114.10
55 to 75 years <sup>3/</sup> ----	13.90	17.90	21.40	60.30	77.70	93.30
Family of 4:						
Preschool children <sup>4/</sup>	24.70	31.40	38.00	106.90	135.60	164.70
School children <sup>5/</sup> ----	28.70	36.50	44.70	124.20	158.00	193.40
<u>INDIVIDUALS <sup>6/</sup></u>						
Children, under 1 year	3.30	4.20	4.70	14.40	18.10	20.30
1 to 3 years -----	4.20	5.30	6.30	18.30	23.00	27.50
3 to 6 years -----	5.00	6.50	7.70	21.80	27.90	33.50
6 to 9 years -----	6.10	7.80	9.70	26.50	33.90	42.10
Girls, 9 to 12 years --	7.00	8.90	10.40	30.20	38.70	45.20
12 to 15 years -----	7.70	9.90	11.90	33.30	42.90	51.70
15 to 20 years -----	7.80	9.80	11.60	33.90	42.50	50.40
Boys, 9 to 12 years ---	7.10	9.10	11.00	30.90	39.50	47.60
12 to 15 years -----	8.30	10.90	13.00	36.10	47.10	56.10
15 to 20 years -----	9.60	12.10	14.60	41.50	52.50	63.20
Women, 20 to 35 years -	7.20	9.10	10.90	31.00	39.30	47.20
35 to 55 years -----	6.90	8.70	10.50	29.80	37.90	45.40
55 to 75 years -----	5.80	7.50	8.90	25.30	32.50	38.70
75 years and over ----	5.30	6.70	8.20	22.90	28.90	35.40
Pregnant -----	8.50	10.60	12.50	36.90	45.90	54.20
Nursing -----	9.90	12.20	14.30	42.90	53.00	61.90
Men, 20 to 35 years ---	8.30	10.50	13.10	35.80	45.40	56.50
35 to 55 years -----	7.70	9.70	11.90	33.20	42.20	51.50
55 to 75 years -----	6.80	8.80	10.60	29.50	38.10	46.10
75 years and over ----	6.40	8.50	10.20	27.60	36.70	44.30

<sup>1/</sup> Estimates computed from quantities in food plans published in Family Economics Review, October 1964. Costs of the plans were first estimated by using average price per pound of each food group paid by urban survey families at 3 income levels in 1965. These prices were adjusted to current levels by use of Retail Food Prices by Cities, released by the Bureau of Labor Statistics.

<sup>2/</sup> Persons of the first age listed up to but not including the second age.

<sup>3/</sup> 10 percent added for family size adjustment. For derivation of factors for adjustment, see Family Food Plans and Food Costs, USDA, HERR No. 20.

<sup>4/</sup> Man and woman, 20 to 35 years; children 1 to 3 and 3 to 6 years.

<sup>5/</sup> Man and woman, 20 to 35 years; child 6 to 9; and boy 9 to 12 years.

<sup>6/</sup> Costs given for persons in families of 4. For other size families, adjust thus: 1-person, add 20 percent; 2-person, add 10 percent; 3-person, add 5 percent; 5-person, subtract 5 percent; 6-or-more-person, subtract 10 percent.

Table 2.--Cost of 1 week's food at home estimated for food plans at 3 cost levels, December 1968, for Northeast and North Central Regions 1/

Sex-age groups 2/	Northeast			North Central		
	Low-cost plan	Moderate-cost plan	Liberal plan	Low-cost plan	Moderate-cost plan	Liberal plan
	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars
<u>FAMILIES</u>						
Family of two, 20 to 35 years 3/-----	18.60	23.60	27.70	17.20	21.10	26.10
Family of two, 55 to 75 years 3/-----	15.30	19.70	22.80	14.20	17.60	21.30
Family of four, preschool children 4/-----	27.00	34.40	40.20	25.00	30.60	37.60
Family of four, school children 5/-----	31.40	40.30	47.10	29.00	35.70	44.30
<u>INDIVIDUALS 6/</u>						
Children, under 1 year -----						
1 to 3 years -----	3.60	4.60	5.00	3.40	4.00	4.60
3 to 6 years -----	4.60	5.90	6.80	4.30	5.10	6.30
6 to 9 years -----	5.50	7.00	8.20	5.10	6.30	7.60
Girls, 9 to 12 years -----	6.70	8.70	10.30	6.20	7.60	9.70
12 to 15 years -----	7.60	9.90	11.10	7.00	8.70	10.40
15 to 20 years -----	8.40	11.00	12.80	7.70	9.60	11.80
Boys, 9 to 12 years -----	8.60	10.90	12.40	7.90	9.50	11.40
12 to 15 years -----	7.80	10.10	11.60	7.20	8.90	10.90
15 to 20 years -----	9.10	12.10	13.70	8.50	10.60	12.90
Women, 20 to 35 years -----	10.50	13.40	15.40	9.80	11.80	14.60
35 to 55 years -----	7.90	10.00	11.50	7.20	8.90	10.70
55 to 75 years -----	7.50	9.60	11.10	6.90	8.60	10.30
75 years and over -----	6.40	8.20	9.50	5.90	7.30	8.80
Pregnant -----	5.80	7.30	8.70	5.40	6.50	8.00
Nursing -----	9.30	11.60	13.20	8.70	10.40	12.30
Men, 20 to 35 years -----	10.80	13.40	15.10	10.10	12.00	14.20
35 to 55 years -----	9.00	11.50	13.70	8.40	10.30	13.00
55 to 75 years -----	8.40	10.70	12.50	7.80	9.60	11.80
75 years and over -----	7.50	9.70	11.20	7.00	8.70	10.60
	7.00	9.30	10.80	6.50	8.30	10.10

See footnotes 1 to 6 of table 1, p. 25.



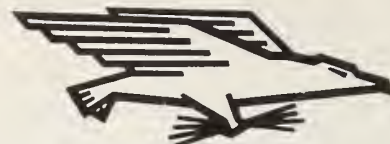
Table 3.--Cost of 1 week's food at home estimated for food plans at 3 cost levels,  
December 1968, for Southern and Western Regions 1/

Sex-age groups 2/	South				West		
	Low-cost plan	Another low-cost plan 7/	Moderate- cost plan	Liberal plan	Low-cost plan	Moderate- cost plan	Liberal plan
	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars	Dollars
<b>FAMILIES</b>							
Family of two, 20 to 35 years 3/----	15.50	15.00	19.90	24.10	17.50	21.10	26.30
Family of two, 55 to 75 years 3/----	12.60	12.00	16.70	19.70	14.30	17.70	21.40
Family of four, preschool children 4/----	22.50	21.80	28.90	34.80	25.50	30.70	37.70
Family of four, school children 5/----	26.20	25.30	33.70	40.90	29.60	35.90	44.30
<b>INDIVIDUALS 6/</b>							
Children, under 1 year -----	3.00	3.00	3.90	4.40	3.40	4.10	4.50
1 to 3 years -----	3.80	3.70	4.90	5.80	4.40	5.20	6.20
3 to 6 years -----	4.60	4.50	5.90	7.10	5.20	6.30	7.60
6 to 9 years -----	5.60	5.50	7.20	8.90	6.30	7.70	9.60
Girls, 9 to 12 years -----	6.30	6.00	8.20	9.60	7.20	8.80	10.30
12 to 15 years -----	7.00	6.70	9.10	11.00	8.00	9.70	11.80
15 to 20 years -----	7.10	6.80	9.10	10.80	8.10	9.60	11.50
Boys, 9 to 12 years -----	6.50	6.20	8.40	10.10	7.40	9.00	10.80
12 to 15 years -----	7.50	7.40	10.00	11.80	8.70	10.70	12.70
15 to 20 years -----	8.70	8.40	11.10	13.30	9.90	11.90	14.40
Women, 20 to 35 years -----	6.60	6.30	8.50	10.00	7.40	8.90	10.90
35 to 55 years -----	6.30	6.00	8.20	9.70	7.10	8.60	10.50
55 to 75 years -----	5.30	4.90	7.00	8.20	6.00	7.40	8.90
75 years and over -----	4.80	4.60	6.30	7.60	5.40	6.60	8.10
Pregnant -----	7.80	7.60	9.90	11.50	8.80	10.40	12.40
Nursing -----	9.00	8.80	11.30	13.10	10.20	12.00	14.10
Men, 20 to 35 years -----	7.50	7.30	9.60	11.90	8.50	10.30	13.00
35 to 55 years -----	7.00	6.70	9.00	10.80	7.90	9.60	11.80
55 to 75 years -----	6.20	6.00	8.20	9.70	7.00	8.70	10.60
75 years and over -----	5.80	5.60	7.90	9.40	6.60	8.40	10.20

See footnotes 1 to 6 of table 1, p. 25.

7/ Special adaptation of low-cost plan especially suitable for food habits in the Southeastern States.

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